The use of the electropunctural vegetative resonance test "IMEDIS-TEST" and induction therapy programs of the Center "IMEDIS" for the correction of the psycho-emotional state of athletes

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The recovery process is an integral part in the general training cycle of an athlete and the psycho-emotional state of an athlete is considered a leading link in the pre-competitive, competitive and post-competition periods. Solving the problem of psycho-emotional stability of athletes of any level of training in competitive activity is an urgent task in sports [1]. The adaptation of the body to psycho-emotional and high physical stress is provided not by separate organs, but by specialized functional systems coordinated in space and time and subordinated to each other, taking into account the biological rhythms of the body [2]. Thus, the increasing sinusoidal nature of the dependence of fatigue and recovery with increasing high reserves of adaptation of the body confirms the cyclicity of improving the functional and competitive readiness of an athlete [3]. The misalignment of the phases of the temporal organization of physiological processes leads to a disruption in the provision of human life and causes desynchronization in the work of organs and systems of the body. So, for example, a violation of circadian rhythmic oscillations of the sleep / wakefulness cycle at certain stages of sleep leads to a violation of the secretory activity of the pituitary gland, which is the center of unification of the regulation of the nervous and endocrine systems of the body, and in which many vital hormones are formed and secreted [4], as well as to hormonal regulation of the salt homeostasis [5].

Breaking the cycle sleep / wakefulness leads To change bioelectrical activity of the brain, which in stationary conditions are measured by electroencephalography (EEG) by recording alpha, beta, theta and delta brain rhythms. The bioelectric potentials of the brain make it possible to analyze the dynamic relationships between brain activity and behavior [6] and reflect the physicochemical consequences of metabolism that accompany all life processes [7]. Change bioelectrical activity of the brain under the influence of external factors of our environment leads to desynchronization of the functional state of the organism.

The IMEDIS Center has created a number of induction therapy programs, which, using the frequency spectra of the human brain, is an appeal to the thalamus in order to detect and evaluate the physiological initial vibration mode [8].

The essence of the correction of the psycho-emotional state of athletes lies in the use of induction therapy programs for recovery of athletes by stimulating self-regulation of alignment of preset, but disturbed functional rhythms.

To assess the state of the body and its individual functions, we used

method of electropuncture vegetative resonance test (ART) "IMEDISTEST".

To assess the state of the body and conduct induction exposure, we used a device for electropunctural diagnostics and electro-, magnetic and light therapy "MINI-EXPERT-DT" (with software).

The purpose of this research was the study and correction of the psychoemotional state of athletes with the use of electropunctural vegetative resonance test and induction therapy programs.

The work was carried out at the training base of the Moscow Greco-Roman wrestling team in the Olympic Village.

When solving the set tasks, there is a limitation in the use of induction programs to stimulate self-regulation of impaired
functional rhythms, where the subject of research is the process of self-regulation. So, if self-regulation is an integral property of the body, when the body itself, under the influence of stress, restores removable disturbances, then such a reaction of the body to stress is a reaction of readiness for self-preservation in the stage of “anxiety”, and this is the main source of changes in psychological and physiological systems [8]. However, when the reaction of self-regulation is insufficient, then the stages of stress begin to develop primarily in the form of an adaptation reaction, i.e. adaptive reactions, etc. The appearance of a stimulus in the form of induction programs in the adaptation stage for the excitation of self-regulation indicates the determination of the adaptive reactions of the organism of certain levels of reactivity for each tested induction program, and, firstly, determining the possible recovery and accumulation of adaptation reserves for the future without resolving deep psychological problems and, secondly, determining the possible recovery and accumulation of adaptation reserves for the future while resolving deep psychological problems. A delta between 1 and 2 indicates the degree of significance of psychological problems or psycho-emotional state of the athlete.

Tasks to be solved:

1. Investigate the features of the application of induction programs.
2. Identify the trend of changes in the dynamics of the recovery process psycho-emotional state of athletes.
3. To restore the violation of the sleep / wakefulness process.

The study involved 30 athletes, who were divided into two groups of 15 people each, one of which was a control. Both groups of athletes took part in the training process according to one physical activity program. The studies were carried out for three months and express diagnostics were carried out for each athlete at least 4 times. Due to the specificity of the training process, express diagnostics was carried out according to the previously indicated criteria [1, 9]. The express diagnostics algorithm is as follows:

1. Fulfillment of the basic requirements for express diagnostics by the method electropuncture vegetative resonance test.
2. It is necessary to exclude geopathogenic, electromagnetic, radiation load, as well as interference fields and toxicity.
3. Testing psycho-vegetative load for detecting

conflict situations, including the severity of psychovegetative burdens or disorders, using the Thalamus D4 filter preparation. Including testing for depressive disorders.

4. Testing the mental state under stress - indication of mental stress.

5. Determination of the state of the endocrine system, including testing index of the endocrine system and the identification of degrees of tension and exhaustion.

6. Determination of the lack or excess of hormones.

7. Determination of physical fatigue and the degree of physical depletion of the body.

8. Determination of the adaptive reactions of the organism and biological age through biological indices.

9. Determination of the reserves of adaptation as a reaction of the body to stimulus, including testing the optimal step for adaptation reserves, as well as long-term recovery and accumulation of adaptation reserves without and with the resolution of psychological problems.

10. Testing for the application of programs of brain rhythms. Selected the program should be tested through a filter preparation promising recovery and accumulation reserves adaptations withresolution psychological problems.

The survey of athletes allowed establish that 70% (21 person) of everything a number of athletes suffer from sleep disturbances. 5 people suffer chronic fatigue and impaired appetite.

Studies have shown that all athletes were tested before training with approximately the same functional possibilities for the state of body systems. However, after training and heavy physical exertion, all athletes were tested for changes in the mental state, which was assessed as the 2nd and 3rd degrees of stress (mental stress 2 or 3). Those who recovered with induction programs in the next and subsequent workouts felt more confident, were not tired compared to the control group. They had good restful sleep and good mood, which corresponded to the indicators of mental state. At the same time, in the control group, after the training cycle, an indicator of mental state from 2 to 4 degrees of stress was recorded.

Individual application of induction programs showed that, as a rule, the symptomatic description of the tested programs coincides with the description of sensations, mood and emotions in the tested person. Athletes are tested not one, but several programs, the use of which makes it possible to achieve the predicted level of adaptation reserves when solving psychological problems. With the improvement of the mental state, the number of tested programs in the athlete decreases. It was found that the stability of the psychoemotional state, which was achieved with the use of induction therapy programs, is observed up to one month, which suggests the presence of an infrared or near-monthly biorhythm of stability of the induction effect on the brain structures.

Conclusions:

1. The use of induction therapy programs creates a stable psycho emotional state for about a month.

2. Revealed the stable dynamics of recovery of athletes in the form the wave process of increasing the parameters of the adaptation reserve when solving psychological problems by the method of induction therapy.

3. Using the method of induction therapy allows you to restore an athlete's dream. The stability of such an impact- up to one month.

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